

Stages of Change

Stage	Therapeutic Task	Strategies
Pre-contemplation	Raise awareness and doubt	<ul style="list-style-type: none"> ▪ Develop rapport ▪ Establish attitude of respect ▪ Validate individuals' freedom to change or not ▪ Evoke self-motivational statements ▪ Give feedback only if person is ready
Contemplation	Examine pros and cons of change vs. maintaining the status quo and tip the balance	<ul style="list-style-type: none"> ▪ Decisional balance ▪ Access good things vs. bad things ▪ Compare, contrast good and bad things ▪ Highlight concerns and discrepancies ▪ Elicit next step
Preparation/Determination	Help determine course of action	<ul style="list-style-type: none"> ▪ Elicit goals/vision of the future ▪ Examine needs ▪ Examine option of not changing ▪ Elicit change options from client ▪ Reinforce individuals' commitment to take action
Action	Help take steps toward change, following through with course of action	<ul style="list-style-type: none"> ▪ Use strategies developed during Determination Stage ▪ Emphasis is on concrete steps
Maintenance	Help develop new strategies/new skills to prevent relapse	<ul style="list-style-type: none"> ▪ Determine vulnerabilities ▪ Develop strategies to address vulnerabilities ▪ Identify adaptive behaviors ▪ Revisit reasons to change
Relapse	Facilitate reentry into process of change without becoming stuck or demoralized	<ul style="list-style-type: none"> ▪ Empathy and understanding ▪ Reframe and rename ▪ Accept and encourage ▪ Give realistic feedback about the process of recovery ▪ Build on lessons learned